

# Prime Times

For 55 or better in Northern Michigan

August 2008



## TIME TO REMEMBER

Group meets to reminisce

P.6

Rhoda Kelso, 91, too young to stop volunteering

P.10



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# Aspen Ridge Retirement Village Enjoys the Dog Days of Summer!



**Aspen Ridge is bustling with activities this summer! From pet visits and horse shows to parties and planting flowers, Aspen Ridge has something for everyone!**

Members of the Sheriff's Posse (center) visit each year with their horses. Catherine Gaul was happy to share the day with her great grandchildren!

Direct Care Workers (far left, top) Nicole Battle, Alyssa Bell, and Kris Kasper put a smile on Vicki McColley's face at a recent party.

Viola Moore and Margaret Derthick (far left, center) enjoyed a visit with Administrator, Beth Konieczny's golden retriever, Hannah.

Mary Ellen Campbell and Melvin Baker (far left, bottom) helped plant hanging baskets with Carmen Pollice from housekeeping.

*Nestled in the heart of the Alpine Village, Aspen Ridge is an assisted living facility that also offers Alzheimer's and dementia care.*



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## Pick your BRAIN

### What was this?

If you think you know the answer, e-mail [frank@gaylordheraldtimes.com](mailto:frank@gaylordheraldtimes.com), or send it to P.O. Box 598, Gaylord, MI, 49734. Those submitting a correct answer will be entered into a drawing for a \$20 gift certificate for BJ's Restaurant from the *Gaylord Herald Times*. When you write, please include your name, address and telephone number. Limit one win per person every six months.



#### LAST MONTH'S ANSWER:

About two dozen people correctly identified last month's picture of the Chatterbox restaurant that was located just north of the Otsego County Library. By a draw, the winner is Nicole Spires of Gaylord.

And win a prize!

**B**ack in April when gas prices skyrocketed to \$3.40 gallon and promised to go even higher, I wrote a column citing some areas where we might save some dollars despite the big oil companies' efforts to see us part with our money faster than we can make it. At that time, I formulated The Plan:

- I would drive my husband's smaller car instead of my gas-guzzling van when running errands;**
- I would consolidate errands and trips to the grocery store;**
- I would insist the kids walk or ride their bikes whenever possible;**
- I would refuse to let the car idle unnecessarily;**
- I would walk the one mile to my job, weather permitting.**



Julie Kettlewell

Plan, which consisted of the five points listed above. I had calculated that, in the month of March when prices were above \$3.00 and rising rapidly, we were spending \$60 to \$70 per week on gas.

That had to stop. The Plan was implemented. I became very conscious of my driving habits, and after a couple of weeks, our girls didn't even think to ask for a ride somewhere if they could walk. In fact, both have commented that the exercise is good for them as they look ahead to the upcoming sports season.

**I have** been remiss, however, on Point #5, which is unrealistic. (That comment is going to make my phone ring. I will pick up, only to hear our former editor laughing hysterically.)

Anyway, it's not logical for me to walk to work, because part of the consolidation plan involves going straight from work to pick up groceries and run errands, rather than going home, then going back out.

**BOTTOM LINE IS,** The Plan has worked. I am now spending about \$40 per week on gas as opposed to \$60 or \$70. Even as gas prices rose, I still realized a savings of \$80 or more a month.

Imagine what would happen if everyone in this community did that?

That would translate into a loss of hundreds of thousands of dollars each month to the big oil companies, and it would send a pretty clear message.

But even if nobody else jumps on board, I will continue my personal crusade against high gas prices, sending my own small message as I save that \$80 or so each month.

It's a tiny victory, I know, but a victory nonetheless.

The downside to writing a column and putting things in print is that I often find myself cornered into a commitment. A couple of weeks after I opened my mouth to picket poverty at the pump, then-HT-editor Chris Grosser called me on it.

"So, are you walking to work these days?" she inquired with a chuckle. She was - all in good fun - chiding me, taking me to task, asking if I was indeed walkin' the walk, or just talkin' the talk?

She was having great fun with this one.

**WELL,** I am pleased to announce that I - and my family - have, in fact, been walkin' the walk. Before the price at the pump hit \$3.45, I had talked to my husband and kids and informed them of The

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- Do you snore?
- Are you told you quit breathing in your sleep?
- Are you restless at night?
- Do you wake up frequently?
- Do you feel refreshed in the morning?
- Do you dose off easily during the day?
- Do you have the energy you use to have?
- Does tiredness make you less productive?
- Have you changed your plans or are you too tired to enjoy things?

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## Chlorine concerns

1. According to an article on msn.com, swimming in chlorinated pools can pose a health risk. Not only can the chlorine be troublesome for eyes, skin and hair, but it has also been linked to conditions known as "lifeguard lung" and "swimmers asthma" among others. Although chlorine serves to kill waterborne bacteria that carry disease, it also reacts with organic matter like leaves, dirt, perspiration, oils, lotions and urine. This reaction then forms dozens of so-called disinfection byproducts, or DBPs, which irritate the skin eyes and respiratory tract. A 2007 scientific study showed found that kids who swam regularly in chlorinated pools were more likely to suffer from asthma and lung-cell damage, sometimes to the same degree as an adult smoker.

The Environmental Protection Agency limits the levels of DBPs in chlorinated tap water, but there are no such limits for pool water. Those same chemicals have been linked to cancer, miscarriages and various health problems. Researchers have also determined that swimming in a chlorinated pool increases one's risk of bladder cancer. Other studies have found that DBPs absorbed into the skin or lungs are more dangerous than when chlorinated water is ingested because they are not detoxified by the liver.

It is also important to note that when a swimmer can smell chlorine in the air it is because DBP byproducts are created as the chlorine oxidizes organic matter in the pool. When one might think the smell is from too much chlorine, it is actually a result of poor sanitation in the pool. In 2002 a survey by the Centers for Disease Control and Prevention of 22,131 pool inspections in selected states found 21,561 in violation.

People can protect themselves to some degree by making sure the pool they will swim in looks clean and there is no odor. Pediatricians also advise adults to minimize children's time in chlorinated pools, particularly indoor pools with inadequate ventilation. (Source: green.msn.com)

## Just chute me

2. Way back in the 19th century workable fire escapes were not always available when a building caught fire. What to do? Well, jump out a window, of course, and pray for survival. With that in mind, back in 1879 a creative genius invented the Chute 'N Shoes Fire Escape.

Here's what happens when an inferno ensues: The panicked person caught in the burning building straps a parachute to his head and



some bouncy boots on his feet (see diagram). With these items in place, said the inventor, "... a person may safely jump out of the window of a burning building from any height and land, without injury and without the least damage, on the ground." And just how did this

inventor know this would work? Did he try it out from the 21st floor?

There are a couple of obvious little problems with this whole scenario.

Is that little head-top parachute aerodynamically sound or would the jumper fall from the sky like a lead weight? And if the chute failed and the jumper turned sideways, what good are those measly bouncy boots?

How long does it take to chute up and put on the bouncy shoes? A person could well be a crispy critter by the time they get in the gear and get up the nerve to jump.

Thank goodness for the advent of the modern fire escape. (Source: totallyabsurd.com)

## Is it osteoarthritis?

3. Osteoarthritis is a disease that affects the joints and makes such simple, everyday movements such as walking, climbing steps or even pulling a door open result in pain. It is most common in older people, and although there is no cure for arthritis, there are treatments that can ease the pain and make moving around a little easier.

### Symptoms of osteoarthritis:

**Pain** – Joints may ache, and may get better for a while. Pain while sleeping or continual pain may indicate your arthritis is getting worse.

**Stiffness** – Arthritis can make getting up in the morning difficult as joints may be stiff and creaky until you start moving around. Prolonged sitting can also cause stiffness.

**Muscle weakness** – Muscles will weaken around the joints.

**Swelling** – Arthritis can cause joints to feel tender and sore and cause swelling in the area.

**Deformed joints** – Joints may begin to appear misshapen as arthritis worsens.

**Cracking and creaking** – Joints may make crunching or creaking sounds.

If you suspect you have osteoarthritis, a proper diagnosis by a doctor should be made to rule out other ailments. Describe symptoms as clearly as possible to the doctor, and x-rays may also be taken in order to confirm a diagnosis.

There are many treatments for arthritis, but each individual responds differently to different remedies. An over-the-counter pain reliever may be enough for some, while others may require a stronger prescription medication.

Ice is also a good pain reliever after activity or exercise, or your doctor may recommend a gel or cream to relieve pain. Losing excess pounds can also be beneficial, as well as regular exercise. Regular checkups is also recommended to monitor medications and the progression of the arthritis. (Source: health.msn.com)

## Dressing up with Miss Manners

4. Do keep in mind these letters appeared in print over 25 years ago.

**Dear Miss Manners:** Is it necessary to dress to go out on the porch in the morning and pick up the paper?

**Gentle Reader:** It depends on what you mean by dress. Hat and gloves are no longer considered necessary for such an excursion, but it is customary to be covered in such a way as to be able to pick up the newspaper without oneself making news in the neighborhood.

**Dear Miss Manners:** We are vacationing in Florida this winter, and my seven-year-old daughter wants a bikini. Many of her friends wear two-piece suits, but I think it's in poor taste at their age. Would you settle this for us?

**Gentle Reader:** Poor taste is displaying one's bosom. Displaying one's lack of it is poor judgment.

**Dear Miss Manners:** When do children dress up these days, and what are children's dress-up clothes now? I want to send my goddaughter a dress, but I've never seen her wear one.

**Gentle Reader:** Children have two styles of dress these days. One, which consists of velvet dresses for girls and velvet suits for boys, is worn only to performances of "The Nutcracker." The other, which consists of rags, is worn for everything else life has to offer. Miss Manners does not condone this, but that was not your question.

**Dear Miss Manners:** Where does one wear a hat these days?

**Gentle Reader:** Same as always: on the head. (Whoops. You'll have to pardon Miss Manners, who occasionally gets giddy after a full day of this sort of thing.) The proper answer is that the occasion for wearing hats, for both men and women, are the same as always, but the purpose is the opposite. One used to wear a hat with daytime clothes to be conservative; it is now done to be shocking.

(Source: Miss Manners' Guide to Excruciatingly Correct Behavior)

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# REMINISCENCE GROUP

## Their job is to share memories



By Julie Kettlewell

**L**iz Banashak and her husband, Dan Ligeski, are relative newcomers to Gaylord, having lived here just under two years.

But they are no strangers to Northern Michigan, as they spent countless summers in Northern Michigan, taking a little break from their travels to the West Coast to the Gulf Coast to the East Coast over the years.

After a lifetime of working and raising children, Liz and Dan retired and began the "cruising" life.

"We started our retirement years in San Francisco," said Dan. "We had a sailboat, and we shipped it from San Francisco to Houston and started cruising the Gulf Coast." When the winds of winter up here ceased to blow, the couple would store their boat and head north to Liz's daughters cabin on Higgins Lake. Eventually the cabin was sold, prompting Dan and Liz to venture a bit further north and settle in Gaylord.

It didn't take long for the couple to integrate into our community, as Dan is not a sit-around-and-wait kind of guy.

cont'd on next page

### About Reminiscence Group

The Reminiscence group meets the second and fourth Friday of each month in the Alten Zimmer building on Grandview Boulevard in Gaylord.

Dona Wishart, assistant director of the Otsego County Commission on Aging and group facilitator, encourages people of any age to come and reminisce with them.

"We like to orient new people to the program and get them acquainted," said Wishart. "We always start out by reviewing the ground rules, which are simply things like we are there to share our stories, and to be good listeners, too," she explained. "One of the rules is that no one should ever feel like they have to share if they don't feel up to it. It's very flexible."

Although no one has to share if they do not want to, Wishart noted, typically participants find themselves getting very involved in the topic, eager to share their stories and their thoughts.

There is no cost to attend the Reminiscence group, and there are always some refreshments, Wishart added.

August dates for the Reminiscence gathering will be August 8 on the subject of Journaling for our Family, and August 22 on the subject of Home Remedies.

For more information, people can call the OCCOA office at 989-732-1122.

Husband and wife Dan Ligeski and Liz Banashak

HT - Bill Serveny

# Group reminisces twice monthly

Cont'd

"Whenever we went to new town I would start to look for senior groups at churches or senior centers," Dan explained. "That way I would find different things that would interest us. When we came to Gaylord, I saw a note on the bulletin board (in the Alten Zimmer lobby) about the Reminiscence group."

Reminiscence is a program of the Otsego County Commission on Aging (OCCOA) that brings seniors together twice a month for an hour to reminisce about days gone by and share their stories with others. At each meeting, a preselected subject or theme is followed, allowing the participants to focus in on a particular time or event in their lives.

This piqued Dan's curiosity, and he decided to give it a try. Liz, on the other hand, really didn't want to go.

"I thought that would be good 'alone time' for

cont'd on page 12



HT - Bill Serveny

Husband and wife Dan Ligeski and Liz Banashak share a moment before sharing memories with the Reminiscence Group.



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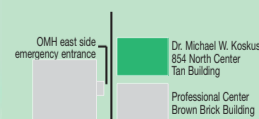
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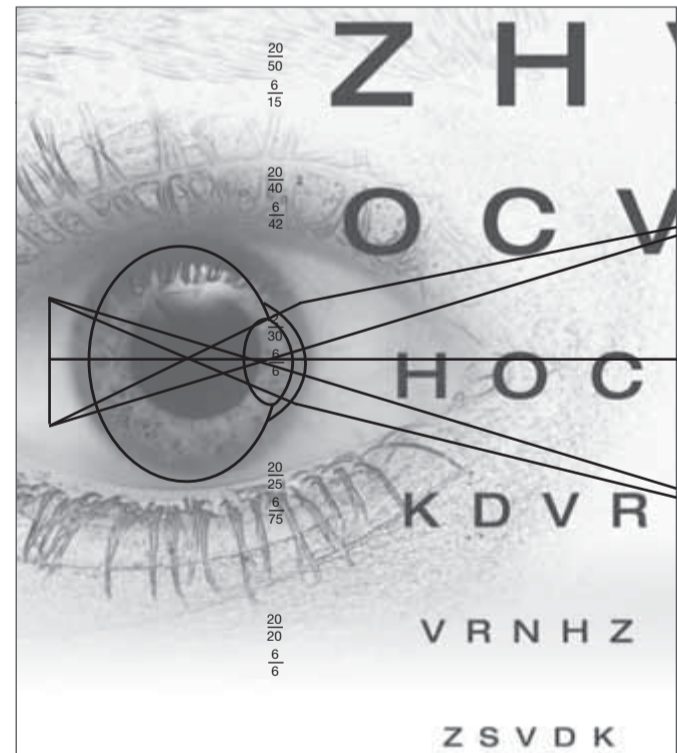
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### Mission Statement

Our mission is to coordinate, provide and initiate programs, and promote the independence and well-being of senior citizens of Otsego County.



**Arnie Morse**  
EXECUTIVE DIRECTOR



**Suzanne Bannister**  
MEAL PROGRAM COORDINATOR



**Pamela Carlson, RN**  
MEDICAL RESOURCES COORDINATOR



**Michelle Dunkelberg**  
SPECIAL EVENTS COORDINATOR



**Eileen Godek**  
RESEARCH COORDINATOR and VOLUNTEER COORDINATOR



**Christine Holewinski**  
ADULT DAY SERVICES COORDINATOR



**Cindy Lemke**  
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IN-HOME SERVICES COORDINATOR



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**Dona Wishart**  
DIRECTOR and AGING SERVICES SPECIALIST

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### Services for Older Adults

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800.677.1116  
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800.365.5899  
Social Security Administration (SSA) • 800.772.1213  
State Long-Term Care Ombudsman Program (SLTCOP) • 800.292.7852  
US Department of Veterans Affairs • 800.827.1000

### Organizations for Specific Health Conditions, Medical and Supportive Care

Alzheimer's Association  
800.337.3827  
American Heart Association  
800.557.9520  
Arthritis Foundation  
800.968.3030  
Chronic Illness Coalition  
734.266.2422  
MI Parkinson Foundation  
313.745.2000  
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Library of MI ~ Services for the Blind and Physically Handicapped • 800.992.9012

### Independent Living Resources

American Association of People with Disabilities  
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MI Disability Rights Coalition  
[www.copower.org](http://www.copower.org)  
MI Dept. of Community Health  
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OUR LAST DATE FOR '08!

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Otsego Lake State Park  
10:00am to 1:30pm • \$5 Per Trip  
Includes transportation, lunch,  
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Bus departs from and returns  
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Second Tuesday of Each Month!  
**TUESDAY, AUGUST 12th**

Gaylord Senior Center  
11:00am to 12:15pm  
\$2.50 Seniors • \$3.50 Non-seniors  
Sign-up required.



## "DECADES DANCE" SATURDAY, AUGUST 16th

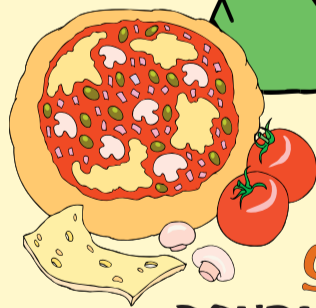
7:00 to 11:00pm

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## PIZZA SATURDAY DOUBLE CHEESE, PLEASE! SATURDAY, JULY 26th

Noon • \$2 Per Person  
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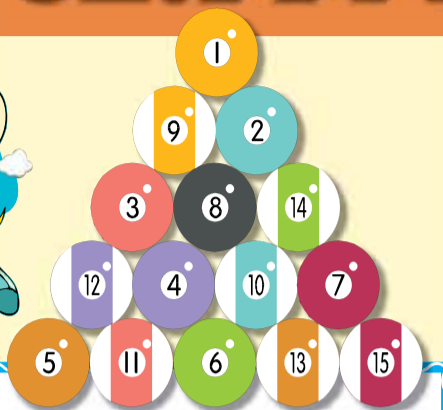
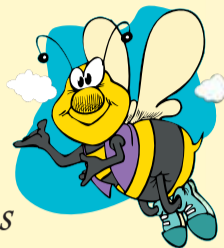
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**FRIDAY, AUGUST 8th**

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INFORMATION  
FOR CAREGIVERS

**SATURDAY,  
AUGUST 16th**

10:00am • University Center

## PARKINSON'S SUPPORT GROUP

EDUCATION AND  
INFORMATION ABOUT  
PARKINSON DISEASE

**THURSDAY,  
AUGUST 28th**

2:30pm • University Center

## REMINISCENCE FOND MEMORIES...

"Journaling For Our Family"

**FRIDAY, AUGUST 8th**

"Home Remedies"

**FRIDAY, AUGUST 22nd**

10:30 to 11:30am

Gaylord Senior Center



## BASEBALL TRIPS

"ON DECK" FOR  
THIS SEPTEMBER...

MARK YOUR CALENDARS!

**TC BEACH BUMS**

Wednesday, September 3rd

**DETROIT TIGERS**

Thursday, September 25th

WATCH FOR DETAILS!



# Volunteering at 91

**RHODA KELSO, 91**, is right at home in the Otsego County Museum "kitchen" surrounded by kitchen utensils used by farm wives in the last century. As a museum volunteer she greets visitors and provides context for many of the items in the museum from first-hand experience.

HT - Bill Servery

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# Rhoda Kelso, born & raised on a farm, shares memories with museum-goers

By Julie Kettlewell

Rhoda Kelso sits quietly by the front door of the Otsego County Historical Museum, ready to greet the day's visitors. And when curious folks walk through the door, she is on her feet, graciously welcoming them and offering to answer any questions they have, if she is able.

Rhoda, petite and unassuming, is perhaps one of the most qualified people around to answer questions about the many timeworn items in our historical museum.

At 91 years young, this wisp of a woman – sporting a quick wit and a smile to match – can speak from personal experience about the old wood cook stove, the hand-pump vacuum cleaner, or the techniques one might use to clean their clothes on a washboard. The antiques found in the museum are a part of her childhood, which she remembers fondly.

ONE OF eight children, Rhoda grew up on a farm on MacGregor Road outside Vanderbilt, and at age 11 she lost her father. Her mother, she said, worked hard at single parenting with help from Rhoda's oldest brother, and she did well, Rhoda remembers, even through the Great Depression.

"We hardly knew there was a depression," said Rhoda, remembering only that they never really went without



Rhoda Kelso

HT - Bill Serveny

their basic needs. "On the farm we had beef, pork, chickens, and a great big vegetable

garden," she explained, "and we went out into the woods and picked berries." They made

their own clothes and wore hand-me-downs which, Rhoda noted, always looked nice.

"They looked nice because my mother could make them look nice," she said with a smile. So the depression, she said again, did not have the adverse effect on their family that it may have had on others.

"WE DIDN'T have any money before, and we didn't have any money after, so what difference did it make," she quipped, flashing her easy, elfin smile.

She reminisced a bit more about her growing-up years, noting her family never had a telephone, and had only one radio with earphones (no speakers).

Life was simple, she said, remembering hanging out with friends and going to Saturday night dances put on by different community groups.

But simple as it was, it was not without hardship, said Rhoda, making particular reference her treks to school every day.

"I used to ski to school my first six years," she said. And with a little laugh, she added, "When they say we went uphill both ways, that was really true, because we would go up hills and down hills and up hills and down hills all the way."

IN 1936 Rhoda married Roy Kelso, and after a short period of time living in Allegan, they returned to Gaylord and established their own farm midway between Gaylord and Elmira. Widowed for many years now, Rhoda

remains on the family farm where she and Roy had raised their family.

She proudly boasts four children, 12 grandchildren, 27 great grandchildren, and four great-great grandchildren, who have been the focal point of her life.

As if that's not enough to keep her busy, the family matriarch has also found other ways to keep herself busy and enrich her life, from volunteering for the Retired Senior and Volunteer Program to helping out at her church, to taking mile-long walks every day, taking in the beauty of the area.

"I USED to walk two or two-and-a-half miles a day," Rhoda noted. But since turning 90, she said, she has slowed down a bit.

"I like to keep myself busy," Rhoda remarked. "I like to be with people. Two things I think everyone should do is exercise and be with people."

SO RHODA continues to love her family and spend time with friends, and once a week take her seat at the door of the museum, waiting to greet the next guest.

"Welcome to our museum," you will hear her say. And in a warm gesture of friendship, she will smile, and will answer your questions about the various items of interest from the previous century.

If anyone would know about such things, Rhoda would.

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# REMINISCING

*'The stories remind me of things like opening up a gift that had been put away, then you open it up later and get excited all over again. It's like finding old treasures in the attic, things you had forgotten about. And it's enjoyable to share that with other people.'*

Liz Banashak

Cont'd

me," Liz admitted with a grin. "Then he persuaded me to come."

So Liz went along a bit begrudgingly, and has returned regularly to the group with her husband ever since. Things were going along pretty well, too, until Reminiscence facilitator and assistant director of OCCOA, Dona Wishart, presented the group with a subject that made Liz squirm a little: Write a poem about reminiscing.

"It was difficult because we were given a specific topic to write about," Liz noted, "but it was fun to do, and a lot of fun to see all the different things people came up with." And what Liz came up with, was a very pointed piece of prose about her reluctance to attend the group, and the enjoyment she derives from it now. (See Liz's poem at right)

LIZ LAUGHS when she thinks back to how she resisted when Dan urged her to join him, and was happy that he was persistent. Attending the Reminiscence group has been gratifying for them individually and as a couple, she noted, and has given them an opportunity to meet many new people.

With Liz's poem leaning toward the whimsical, Dan's was slightly more methodical as he did a great deal of thinking and word association during the two weeks allowed to complete the project. He would jot down ideas, and drew some of his inspiration from old songs.

"A lot of songs I heard growing up were actually poetry put to music," Dan noted, using his reminiscing skills to pull those tunes

from his memory bank. He also pulled ideas from the movie, "The Bucket List", a charming and comedic tale about two elderly gentlemen who decided to make a list of all the things they wanted to do before they died. From every direction, he gathered ideas that culminated in his poem, "Again" (see insert).

Though the poems were merely an assignment given by Dona, the group took the task seriously, and the end result was a myriad of thoughts and ideas, sparked by the participants' own experience with the Reminiscence group.

And this, said Dan, is what he likes about attending the group: the variety of stories and ideas that emerge during their hour together.

"That mix develops in my mind," said Dan. "The subjects trigger a lot of memories in my mind about different things." And that, he said, is a good thing.

For Liz, the Reminiscence group has been a way to get to know about the community of Gaylord and Otsego County.

"We have learned a lot about the history of Gaylord, because so many of the people have lived here a long time. That part has been educational," Liz said. But she went on to explain the deeper, emotionally satisfying aspect of Reminiscence.

"The stories remind me of things," she smiled, "like opening up a gift that had been put away, then you open it up later and get excited all over again. It's like finding old treasures in the attic, things you had forgotten about.

"And it's enjoyable to share that with other people."

## He made me do it

By Liz Banashak

I didn't want to go to the Senior Center  
A quiet hour at home sounded better.  
But to stop his cajoling and cajoling  
Suddenly I found myself going.  
With a leader who keeps things flowing  
The stories keep growing and growing.  
We recall the times gone by,  
Memory triggers memory – how they fly.  
They tell of life on a farm or in the wood,  
Not sure we'd go back even if we could.  
Stories can be funny or a little sad,  
But the sharing of them makes me glad  
That I came to the Senior Center;  
The time here really has been better.

## Again

By Dan Ligeski

I ask these things...before I die

To sail on... the sea again  
To fly thru... the sky again  
To ride... the train again

Once again  
To feel... the breeze  
To feel... the warm sun  
To feel... the rain drops

Just once more  
See the clouds... float by  
See the day... glide toward twilight  
See the stars... appear at night

Most of all  
To again... hear her laughter  
To again... touch her face  
To again... feel her kiss

Ah yes  
As time hastens  
And new horizons... come into sight  
And the time to go... comes near

I ask these things... before I die

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# Benefits of shopping the Farmers Market

Have you been to the Farmers' Market yet?

The USDA estimates that over 1,000,000 people visit a Farmers' Market weekly. What is the reason for this growing business?

Markets have a fun, festive atmosphere with lots of movement and chatter. They are colorful – in their displays, the produce offered, and by the variety of people that visit. These markets offer great prices on fresh fruits and vegetables, herbs, locally-raised meat, home-baked goods, fresh cut flowers, candles and more. Each week is different based on the vendors selling that day, as well as which produce is at the height of their season.

The average supermarket produce has traveled 2000 miles to reach buyers, which means it must be picked early to withstand the trip. In comparison, the produce in local markets has traveled approximately 50 miles, and has been picked within the last 24 hours. This means the fruits and veggies are fresher, riper, and

have greater nutritional value for the buyer.

Farmers' Markets offer a colorful variety of fruits and vegetables which provide vitamins, minerals, and phytochemicals "fight-o-chemicals".



**Rebecca Fleis**

Using the USDA's My-Pyramid as a guide, it is recommended that we eat 2 cups of fruits and 2 1/2 cups of vegetables each day for a 2,000 calorie diet.

**Benefits of fruits & vegetables include:**

- **Fiber** — Diets rich in dietary fiber have been shown to have many benefits including decreased risk of coronary artery disease.
- **Folate** — Adequate folate may reduce a woman's risk of having a child with birth defects; in adults, it can help reduce the risk of cardiovascular disease by lowering ho-

als, and phytochemicals "fight-o-chemicals". Using the USDA's My-

## Pasta Primavera

Ready in just 30 minutes, this healthy version of the classic pasta dish is sure to be a favorite with family and friends.

- 1 cup broccoli florets
  - 1 cup sliced carrots
  - 1 cup sliced zucchini
  - 1 cup macaroni or rotini
- Sauce:**  
 1 Tbsp flour  
 1 Tbsp butter or substitute such as Smart Balance  
 1 cup skim (fat-free) milk  
 1/4 tsp dried basil  
 1/8 tsp black pepper

- 2 Tbsp Parmesan cheese
- 1. Steam vegetables until crisp/tender, about 5 minutes.
- 2. Cook pasta according to package directions.
- 3. In a small saucepan, melt butter or substitute and blend in flour. Gradually stir in milk, basil and pepper.
- 4. Cook over medium heat, stirring constantly, until sauce thickens.
- 5. Remove from heat and blend in cheese. Pour over hot vegetables.

6. Add macaroni and mix together.  
(Makes 2 servings.)

\* Nutrition information per serving:  
 Calories: 360 calories; Fat 8g; Sodium 200mg; Carb 56g; Fiber 5g; Sugar 11 g, Protein 15g.

Adapted from [www.fruit-and-veggiesmatter.gov](http://www.fruit-and-veggiesmatter.gov), [www.lancaster.unl.edu/nep/FruitVeggie.shtml](http://www.lancaster.unl.edu/nep/FruitVeggie.shtml).

mocysteine levels in the blood.

- **Potassium** — Diets rich in potassium may help to maintain a healthy blood pressure.
- **Vitamin A** — Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- **Vitamin C** — Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.

Eating fruits and vegetables of different colors gives your body a wide range of valuable

nutrients. Choose from a rainbow of colors, each with unique benefits. Examples of phytochemicals found in different colored produce are:

- **Carotenoids** in red and yellow-orange fruits and vegetables, such as tomatoes, sweet potatoes, carrots
- **Lycopene** in tomato-based foods, such as tomato sauce, tomato paste
- **Lutein and zeaxanthin** in leafy greens, such as collard greens, spinach, romaine lettuce

- **Flavonoids** in brightly colored fruits and vegetables, such as blueberries, cherries, strawberries
- Many phytochemicals help the body
- Stay healthy and energetic
- Maintain a healthy weight
- Protect against the effects of aging
- Reduce the risk of some cancers and heart disease.

The benefits of buying locally grown produce are

well worth the trip to the Farmers' Market. In Gaylord the market is under the Downtown Pavilion at Court St. from 8 AM – 2 PM Wednesdays and Saturdays into November. Maybe you'd like to try the following recipe with some of the fresh produce you'll find there. Enjoy!

*Rebecca Fleis is the Family Nutrition Program (FNP) associate with MSU Extension – Otsego County. She can be reached at 989-731-0272.*

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KEVIN WESTCOTT

**Myth:** Drinking coffee causes dehydration.

**Facts:** Not so, recent research shows. "The evidence does not support the belief that caffeinated beverages, including coffee, cause dehydration," says Alice Lichtenstein, director of the Cardiovascular Nutrition Lab at the Jean Mayer Human Nutrition Research Center on Aging at Tufts University in Boston.

The reason for this belief is that many people think their morning joe acts as a potent diuretic. Actually, when you down a cup of coffee, you don't excrete any more fluid than you would from drinking one cup of water, says Christine Gerbstadt, M.D., a media spokesperson for the American Dietetic Association.

**MYTH:** You use only 10 percent of your brain.

**FACTS:** This is untrue, for even the most intellectually lazy among us. "Of course we use the whole brain," says Alarik Arenander, director of the Brain Research Institute at Maharishi University of Management in Fairfield, Iowa. "Every cell is 'on' from the moment it was born."

Here's how the 10 percent myth may have come about, according to an article by the late Barry Beyerstein of the Brain Behavior Laboratory at Simon Fraser University in Vancouver and published in Scientific American in 2004. At the turn of the 20th century, the pioneering American psychologist and author William James was fond of saying that "the average person rarely achieves but a small portion of his or her potential." The nascent self-help movement of the 1930s put a number—10 percent—on that small portion of potential, which evolved into "10 percent of the brain." When that assertion appeared in the preface of Dale Carnegie's 1936 best-selling book, How to Win Friends and Influence People, the myth had traction.

**Source: AARP.com**

- August 1**  
Gaylord - 10:30 a.m. Powerhouse - Young at Heart; 12:45 p.m. Euchre
- August 2**  
Gaylord - 7 p.m. Square dance
- August 3**  
Gaylord - 6 p.m. Chit-chat group
- August 4**  
Gaylord - 9 a.m. Petoskey Hearing; 9:30 a.m. Gardening program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart; 1 p.m. Kitchen Band practice  
Johannesburg - 12:30 p.m. Play board games
- August 5**  
Gaylord - 10 a.m. Free shopping Tuesday; 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo  
Vanderbilt - 10 a.m. Pool tournament
- August 6**  
Gaylord - 10:30 a.m. Powerhouse - Young at Heart; 11 a.m. Blood pressure clinic; noon, Foot care clinic by appointment; 12:45 p.m. Pinochle; 1 p.m. Commodities distribution; 6 p.m. Chit-chat group  
Johannesburg - 12:30 p.m. Play board games  
Vanderbilt - 10 a.m. Pool tournament; 1 p.m. Commodities distribution; 6 p.m. Smoke-free bingo
- August 7**  
Gaylord - 10 a.m. Catholic Communion; noon, Volunteer shopping; 1 p.m. Party bridge; 2 p.m. Massage by appointment; 7 p.m. Square dance  
Vanderbilt - 10 a.m. Pool tournament; noon, Monthly birthday celebration

## HAPPENINGS THIS MONTH

- August 8**  
Gaylord - 10:30 a.m. Reminiscence Group, "Journaling For Our Family," Powerhouse - Young at Heart; 12:45 p.m. Euchre; 7 p.m. Trip - Friday night Concert Under the Pavilion (The Doug Thomas Duo)
- August 9**  
Gaylord - 7 p.m. Square dancing
- August 10**  
Gaylord - 6 p.m. Chit-chat group
- August 11**  
Gaylord - 9:30 a.m. Gardening program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart; 11:30 a.m. Special music, Kitchen band  
Johannesburg - 12:30 p.m. Play board games
- August 12**  
Gaylord - 10 a.m. Free shopping Tuesday; 11 a.m. Burger Tuesday (by reservation); 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo  
Vanderbilt - 10 a.m. Pool tournament; 12:30 p.m. Open game day
- August 13**  
Gaylord - 10:30 a.m. Powerhouse - Young at Heart; 12:45 p.m. Pinochle; 6 p.m. Chit-chat group  
Johannesburg - 12:30 p.m. Play board games  
Vanderbilt - 6 p.m. Smoke-free bingo
- August 14**  
Gaylord - 9 a.m. Foot care clinic by appointment; 10 a.m. Catholic Communion; noon, Volunteer shopping; 1 p.m. Party bridge  
Vanderbilt - 10 a.m. Pool tournament; 10:45 a.m. Special music by Fred Warren; 12:30 p.m. Grocery bingo

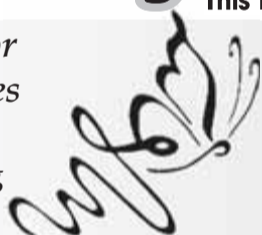
## Activity sites

- Events listed as "Gaylord" begin at the Alten Zimmer, 120 Grandview Blvd.
- Elmira events are at the Elmira Township Hall, 1445 Mt. Jack Rd.
- Johannesburg events are at the Charlton Township Hall.
- Vanderbilt events take place at the Elkland Senior Center, 7910 Arthur St.
- Powerhouse Gym is at 1044 W. Main in Gaylord.
- The University Center is at 80 Livingston Blvd. in Gaylord.
- Diocese of Gaylord events are at 611 W. North St.
- Otsego Haus is at 95 Livingston Blvd., Gaylord

# Otsego County Commission on Aging

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# August

					<b>1</b> Tuna salad, coleslaw, fresh banana, pineapple juice	<b>2</b>
<b>3</b> Lasagna, broccoli, cauliflower, tropical fruit <i>Reservations Needed</i>	<b>4</b> Salisbury steak, rice, Malibu blend, apple juice, fresh banana	<b>5</b> Salisbury steak, rice, Malibu blend, apple juice, fresh banana	<b>6</b> Kielbasa, roasted red-skinned potatoes, green beans, salad, mandarin oranges	<b>7</b> Chicken salad, broccoli salad, grape juice, fresh apple <b>Birthdays - Vanderbilt</b>	<b>8</b> Tilapia, red-skinned potatoes, coleslaw, fresh orange	<b>9</b>
<b>10</b> Pork chops, baked potato, peas & carrots, fruit cocktail <i>Reservations Needed</i>	<b>11</b> Chef salad, corn muffin, breadsticks, fresh orange	<b>12</b> Chef salad, corn muffin, breadsticks, fresh orange	<b>13</b> Baked chicken, potatoes, brussels sprouts, salad, peaches	<b>14</b> Savory meatballs, spanish rice, cauliflower, peas, applesauce	<b>15</b> Macaroni & cheese, stewed tomatoes, mixed vegetables, apricots	<b>16</b> <b>Dance</b>
<b>17</b> Meatloaf, mashed potatoes, corn, strawberries <i>Reservations Needed</i>	<b>18</b> Lasagna, brussels sprouts, baby carrots, fresh banana	<b>19</b> Lasagna, brussels sprouts, baby carrots, fresh banana	<b>20</b> Pork roast, mashed potatoes, Malibu blend, salad, applesauce	<b>21</b> Sweet & sour chicken, rice, Kyoto blend, pineapple	<b>22</b> Tilapia, red-skinned potatoes, coleslaw, fresh apple	<b>23</b> <b>Pizza</b>
<b>24</b> Salisbury steak, mashed potatoes, red cabbage, tropical fruit <i>Reservations Needed</i>	<b>25</b> Stuffed peppers, mashed potatoes, California blend, fresh apple <b>Birthdays - Joburg</b>	<b>26</b> Stuffed peppers, mashed potatoes, California blend, fresh apple	<b>27</b> Spaghetti & meatballs, green beans, salad, pine/a sauce	<b>28</b> Hot dog, baked beans, pears, grape juice <b>Birthdays - Gaylord</b>	<b>29</b> <b>Closed</b>	<b>30</b> <b>Sunday, August 31</b> Baked chicken, au gratin potatoes, peas, pineapple

**August 15**  
Gaylord - 10:30 a.m.  
Powerhouse - Young at Heart; 12:45 p.m. Euchre

**August 16**  
Gaylord - 10 a.m.  
Caregiver support group, University Center; 7 p.m. Dance, "Decades Dance," Charlton Township Hall

**August 17**  
Gaylord - 6 p.m. Chit-chat group

**August 18**  
Gaylord - 9:30 a.m.  
Gardening program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart

**August 19**  
Gaylord - 10 a.m. Free shopping Tuesday; 2 p.m. Senior movie matinee; 6 p.m. Smoke-free bingo

**August 20**  
Gaylord - 10:30 a.m. Powerhouse - Young at Heart; 12:45 p.m. Pinochle; 6 p.m. Chit-chat group  
Johannesburg - 12:30 p.m. Play board games  
Elmira - 11:45 a.m. MSU Extension, Lori Hunt  
Vanderbilt - 6 p.m. Smoke-free bingo

**August 21**  
Gaylord - 10 a.m.  
Catholic Communion; noon, Volunteer shopping; 1 p.m. Party bridge; 3 p.m. Parkinson's Support Group; 7 p.m. Square dance

Elmira - 10 a.m. Cards  
Vanderbilt - 10 a.m. Craft day; 12:45 p.m. Movie Day

**August 22**  
Gaylord - 10:30 a.m. Reminiscence Group, "Home Remedies," Powerhouse - Young at Heart; 12:45 p.m. Euchre

**August 23**  
Gaylord - noon, Pizza Saturday; 12:30 p.m. Grocery bingo; 7 p.m. Square dance

**August 24**  
Gaylord - 6 p.m. Chit-chat group

**August 25**  
Gaylord - 9:30 a.m. Gardening program; 10 a.m. Walking program; 10:30 a.m. Powerhouse - Young at Heart  
Johannesburg - noon, Monthly birthday celebration; 12:30 p.m. Play board games

**August 26**  
Gaylord - 9 a.m. Foot care clinic by appointment; 10 a.m. Fishing program, free shopping Tuesday; 2 p.m. Senior movie matinee; 6 p.m. Smoke free bingo

**August 27**  
Gaylord - 10:30 a.m. Powerhouse - Young at Heart; 12:45 p.m. Pinochle; 6 p.m. Chit-chat group  
Johannesburg - 12:30 p.m. Play board games  
Vanderbilt - 6 p.m. Smoke-free bingo

**August 28**  
Gaylord - 10 a.m. Catholic Communion; noon, Volunteer shopping, monthly birthday celebration; 1 p.m. Party bridge; 2:30 p.m. Parkinson's Support Group; 7 p.m. Square dance

**August 29**  
Gaylord - 10:30 a.m. Powerhouse - Young at Heart; 12:45 p.m. Euchre; 7 p.m. Square dance

**August 30**  
Gaylord - 7 p.m. Square dance

**August 31**  
Gaylord - 6 p.m. Chit chat group

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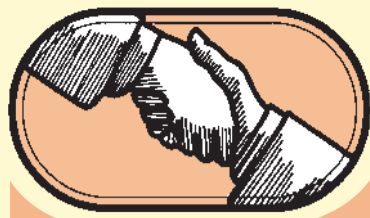
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**Activities Calendar**

# OCCOA

## OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd., Gaylord, Michigan 49735



**Eileen Godek**  
RESEARCH &  
VOLUNTEER  
COORDINATOR

### Gaylord's Community Band ~ Nurturing souls and mentoring young musicians!

Whether you are a member of the Gaylord Community Band, as I am, or a member of the audience taking in one of our weekly summer concerts under the Pavilion in downtown Gaylord, it is easy to feel the wonderful "sense of community" that exists between the band and the audience and the members themselves.

Most band members live in or near Otsego County and come from all walks of life. According to retired Gaylord Community Schools band director Ralph Schweigert, "In addition to 15 high school students, our membership includes a couple of doctors, secretaries, and housewives. We also have several music teachers, retired band directors, and some school administrators." Though the audience is undoubtedly as diverse, there is one thing everyone at the concerts shares, whether consciously or unconsciously – a love and appreciation of music and its power to nurture the soul!



**GAYLORD COMMUNITY BAND  
DIRECTOR RALPH SCHWEIGERT**



THE BAND REHEARSES FOR 1 1/2 HOURS BEFORE EVERY CONCERT

Schweigert shared, "Community bands have existed in many shapes and sizes across the country since the 1800s and were often the only show in town. Gaylord's community band actually began back in the late 1800s and has been disbanded and resurrected many times over the years." He added, "When I came to Gaylord in 1974, the band was not functioning, and it wasn't until the city celebrated its centennial about four years later that we resurrected it. We put the group together to play only one concert during the celebration, but wound up having so much fun that we made it a permanent summer fixture until it disbanded again after the summer of 1994."

Schweigert recalled, "Every year since then there was discussion about starting it up again, but we didn't think there was enough interest until last year." That's when he and another retired Gaylord Community Schools band director, Gary Waldo, went to work making the necessary arrangements. With the added assistance of the current Gaylord Community Schools band director, Pat Jarve, and retired Roseville, Michigan Community Schools band director, Seraphime Mike, the band became a reality again last summer. Schweigert shared

that all of the members, including him, participate as volunteers.

One of the wonderful aspects of the band is the intergenerational opportunity it provides for the younger players to interact with the older, more experienced ones. Schweigert noted, "The ages of our members range from those who are in their teens to a few who are well into their 80s – plus everyone in between!" He noted, "Although membership was open to high school students last year, we didn't make it clear enough that these wonderful young players were welcome. This year, thanks to the efforts of Pat Jarve, we were able to rectify this deficiency."

Including members of all ages is important to Schweigert. He recalled, "When I was a student at Petoskey High School in the early 1960s, I was lucky enough to be able to play in the Charlevoix City Band. It was a great experience for me to play sitting next to some pretty good adult cornet players, and I certainly would like that same opportunity to be available to the youth of our community." Speaking of the older, more experienced players, he observed, "It is also meaningful for many of us 'old' people to think we may have had even a small role to play in the development of these young musicians."

Jarve, who is also a member, encouraged all of the high school band members to join in order to keep up their skills over the summer. He noted, "By playing with this group, they are exposed to different repertoire than they might otherwise have an opportunity to play. He added, "Sitting alongside experienced players also gives them an opportunity to hear how they might improve their skills."

College sophomore and clarinetist Amber Chapel explained that her teacher and fellow band member, Mr. Mike, encouraged her to join. She observed, "Playing in a band with people of so many different ages is a lot different than playing with those my own age. The older players have a lot more experience, and I really look up to them and respect them!"

Mike, who has been playing the clarinet for 72 years, reflected on the inclusion of the teenage members, "This is wonderful for them because it moves them from a high school or college band experience to being part of a community experience."

Regarding his own participation, he shared, "I've been playing with various community groups on and off since my retirement. Playing in this band has probably been one of the finest musical experiences I've had in many years. It's a good challenge, plus we have an excellent director who inspires us to work hard!" He concluded, "Perhaps the most wonderful thing about this group is that Gaylord has gotten back its community band!"



MEMBERSHIP INCLUDES HIGH SCHOOL STUDENTS AS WELL AS PEOPLE FROM ALL WALKS OF LIFE!

**Please join the Gaylord Community Band at 8:00 p.m. under the Pavilion on Court Street in downtown Gaylord for its final two summer concerts on Wednesday, August 6th and August 13th!**

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